Stephanie Alexander

KITCHEN GARDEN FOUNDATION®

Growing Harvesting Preparing Sharing

Growing, Harvesting, Preparing and Sharing

A Typical Day in The Kitchen Garden Program

Philosophy

The best way to encourage children to choose food that is healthy is to engage them in fun, hands-on experiences in growing, harvesting, preparing and sharing such food.

Philosophy continued

Children are more likely to experiment with foods they have grown or prepared themselves.

Life-long eating habits are developed early.

Philosophy continued

Children need positive models in their lives to reinforce that eating with others is a joyful activity, and one that they can enjoy as long as they live.

Philosophy continued

The causes of obesity are complex and there is not one single solution, but we believe that children who are encouraged to take a broad and active interest in food from a young age are rarely obese.

Philosophy

The garden and the kitchen are authentic contexts for disciplinary and interdisciplinary teaching and learning.

Fundamentals

We stress pleasure, flavour and texture by encouraging talk and thinking that uses all of the senses.

We do not describe food to children using the word 'healthy' as the main descriptor.

Fundamentals

Menus are planned around seasonal availability.

We use fresh ingredients at their peak.

Fundamentals

We seek to expand the culinary horizons for children and present cultural differences as fascinating rather than strange.

Fundamentals

The cooking of fruit and vegetables should be timed with great care – we don't want to present children with food that is unpalatable.

Fundamentals

We seek to expand the children's vocabulary for describing flavours and textures and plant families and names.

Fundamentals

We come together around a table at the end of the cooking to share the meal.